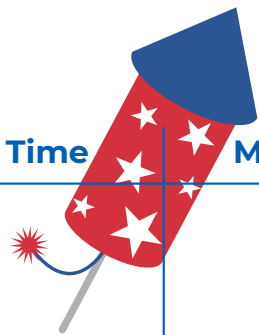



JULY FITNESS CALENDAR



Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:00am		Steve- Weekday Walkers (ML) ***Tiffany- Tai Chi for Arthritis and Fall Prevention (EPL) Last class 7/14!		***Tiffany- Tai Chi for Arthritis and Fall Prevention (EPL) Last class 7/9!	 NO CLASSES 7/3!
11:00am	Steve- FIT Class (TRF)		Steve- HIIT Class (TRF)		Steve- Cardio Beat Boxing (EPL) No class 7/10!
12:00pm		Steve- Senior Power ½ Hour (SH)		Steve- Senior Power ½ Hour (SH)	
1:30pm	***Tiffany- Ongoing Tai Chi (RF)	Steve- Senior Power ½ Hour (EHA) Workout pickup 2pm-2:30pm		Steve-Bells & Bars (TRF)	***Tiffany- Ongoing Tai Chi (CFL)
4:30pm	Steve- Brain & Balance (ERH)		Steve- Strength Training (ERH)		Steve- Breathe, Stretch, & Flex (ERH)

Location Key

(ERH)

Ellenville Regional Hospital
Specialty Services Lobby

10 Healthy Way
Ellenville, NY 12428

(EPL)

Ellenville Public Library
40 Center Street
Ellenville, NY 12428

(SH)

Ellenville Senior Housing
15 Healthy Way
Ellenville, NY 12428

(CFL)

Cragsmoor Free Library
355 Cragsmoor Road
Cragsmoor, NY 12420

(TRF)

Trudy Resnick Farber
Building
Basement Community
Room

50 Center Street
Ellenville, NY 12428

(RF)

Ridgewell Fitness
3555 Main St, Stone Ridge,
NY 12484

(ML)

Mamakating Library
128 Sullivan Street
Wurtsboro, NY 12790

(EHA)

Ellenville Housing Authority
199 Canal Street
Ellenville, NY 12428



Check our Facebook for updates on class cancellations.

*** Classes with an asterisk require registration with Office for The Aging (OFA).

Call Ulster County OFA at 845-340-3456.

All other classes do not require registration, for questions please call 845-647-6400 ext. 215

School's out! Teen friendly classes: FIT, HIIT, Cardio Beat Boxing, Weekday Walkers, Strength Training, Bells & Bars

FITNESS CLASS DESCRIPTIONS

Bells & Bars

This is a class designed to help people burn fat. By combining strength techniques (lifting the sand bells/ weighted bars) with a fast paced environment, Bars & Bells is supposed to get your heart pumping and muscles toned.

Brain & Balance:

This class will improve your motor skills, hand-eye coordination and gait, strengthen your muscles and core, increase your range of motion and stimulate your mind.

Breathe, Stretch, & Flex:

This 45-minute class incorporates breathing and stretching to enhance flexibility, breath capacity, and relaxation, while promoting mindfulness. It includes core exercises for a full-body workout, with the final 15 minutes focused on guided breathing and meditation. Suitable for all fitness levels.

Cardio Beat Boxing:

A great low to high intensity class with incorporating skills from boxing and kick boxing to an assortment of nice coordinating music.

H.I.I.T (High Intensity Interval Training):

Ignite your fitness with HIIT! This high-energy class challenges cardiovascular and muscular endurance, helping you build strength and burn calories. Join to discover your power and leave feeling exhilarated!

F.I.T. (Fun Interval Training):

Get FIT and feel fantastic! This class is ideal for fitness beginners or those seeking a gentler workout, combining easy cardio and strength exercises in short, enjoyable intervals. You'll gain confidence, increase energy, and leave feeling great!

Ongoing Tai Chi:

Tai Chi is a series of slow gentle movements and physical postures with controlled breathing. The exercises can be done seated or standing. Tai Chi improves strength, flexibility, aerobic conditioning and balance.

Strength Training/Body Building:

This class includes exercises that are designed to improve strength and endurance with the use of free weights and resistance bands. All ages and fitness levels are welcome!

Senior Power ½ Hour:

Senior Power Half Hour is a 30-minute fitness class designed for older adults, featuring upbeat music and exercise modifications to accommodate all fitness levels for a fun and dynamic workout.

Tai Chi for Arthritis & Fall Prevention - Beginner's Level:

This is an 8-week series taking place bi-weekly. Created by Dr. Paul Lam, the program incorporates Tai Chi principles for improving health, strengthening for fall prevention and range of motion to ease arthritis pain. Recommended by the CDC and evidenced based.

MEET OUR FITNESS INSTRUCTORS



Stephen Smith

Steve brings over 25 years of health and wellness experience, holding NASM certifications in corrective exercise and performance enhancement. A former US Marine Corps infantryman, he's passionate about teaching all fitness levels. He enjoys hiking, fishing, and spending time with his dog, Roshane.



Tiffany Dumornay

Tiffany is a committed group fitness and wellness facilitator with expertise in program delivery and community health. She emphasizes clear instruction and accessibility in fitness programming. Certified in Tai Chi for Arthritis, Tiffany focuses on fall prevention for seniors, fostering a calm and supportive environment to encourage participation and achieve effective results. Outside of her work, Tiffany enjoys dancing, writing poetry, and listening to old-school music, which continue to inspire her connection to rhythm, creativity, and expression.